

Adult Eating Disorder Inpatient Service

General Medicine Ward 7 B Information for Patients and Families

About our service

Our medical ward-based service aims to support you to improve your nutrition and physical health, and enable you to return home to engage in ongoing outpatient and community-based treatment.

We encourage you to actively contribute and participate in your treatment so you can achieve your goal of recovery and return to your normal life.

We follow a multidisciplinary approach and best practice guidelines for management of eating disorders. This means that you will be seen by a range of health professionals to support your recovery. Under certain circumstances, it may be necessary to consider referral to an interstate specialist eating disorder service.

The goals of admission are to:

- help you restore your physical health
- support your recovery with an individualised nutrition plan
- help you reduce unhelpful eating behaviours
- assist with coping strategies and managing distress
- promote healthy lifestyle choices
- plan your smooth transition into appropriate community services
- provide support and information to family members

Who is looking after you?

- **Medical Doctors:** are responsible for your medical management, which includes physical assessments, ordering investigations and medication prescription. The medical team consists of the Consultant Physician (who is in overall charge), Medical Registrar and Junior Medical Officers.
- **Nursing Staff:** provides day-to-day support and are responsible for monitoring your health and wellbeing. The nursing staff supervise implementation of your treatment plan, perform daily observations and administer medications.
- **Dietitian:** provides an initial personalised, nutritional assessment, ongoing management and education about your dietary requirements and answers your questions related to healthy eating and meal plans.
- **Clinical Psychologist:** provides psychological assessment, psychoeducation and ongoing support to cope with anxiety and change.
- **Psychiatrist:** provides you with mental health assessments and management advice.
- **Physiotherapist:** provides a structured, personalised program of exercises to promote muscle strengthening and bone health.
- **Social Worker:** provides you with practical assistance (e.g. income support, accommodation advice)

What you can expect:

- daily consultations with your medical doctors
- blood tests and other appropriate investigations
- attendance at an initial then weekly multi-disciplinary team meetings. Your family / support persons are welcome to attend also.
- supported meal times
- regular weight measurements (Monday / Thursday)
- personalised nutritional support
- personalised psychological support

Meal Provision

Our dietitian will work with you to develop the meal plan that best suits your needs. You will progress through different meal plans as you recover.

Supervised Meal Times

Meal times are as follows:

Breakfast:	7:30 am – 8:00 am
Morning tea:	10:30 am – 10:45 am
Lunch:	12:30 pm – 13:00 pm
Afternoon tea:	15:00 pm – 15:15 pm
Dinner:	17:30 pm – 18:00 pm

Nursing staff (and family members where possible) will provide supervision during meal times. This support will help keep you on track with your nutritional recovery and provide company when your thoughts and concerns become challenging for you.

Ward Rules

We require you to follow certain rules that will promote your recovery.

- Supervised Meals: All meals will be supervised during your admission.
- Ward movements: Strict bed rest is prescribed when you are medically unwell. The use of wheelchairs is encouraged to help you move around, to conserve energy and support recovery. You will have increased freedom to move around the ward and hospital campus once you have achieved agreed goals.
- Bathroom / toilet guidelines: You will not be allowed to use the bathroom for one hour after meals.
- Visiting hours: Visiting hours to the ward are 6 am to 9 pm. As supervised meal times are essential for nutritional recovery, we ask that visitors do not interrupt at these times (unless they are part of the supervision process).
- Ward Leave arrangements: Once you are medically well and are close to meeting your admission goals time off the ward can be permitted only by your treating medical team. This can assist with your transition back into the community.

Planning your discharge and ongoing support

From the day you are admitted, we work with you, your family and other supports to plan your safe transition from hospital back to your community. By the end of your hospital stay, you will be well aware of the plan for ongoing community support.

Depending on your stage of recovery, one or more of the following are possible options for community follow-up:

- ACT Health CAMHS Eating Disorder Program
- General Practitioner follow-up
- Hospital in the Home (HITH) Service at the Canberra Hospital
- General Medicine Clinic at the Canberra Hospital
- Individual therapy sessions with private therapists (e.g. dietitian, psychologist)

We will hand over your care plan to the health professionals you choose to ensure continuity of care.

General Medicine Ward 7 B
Building 1, Level 7 B
Hospital Telephone: 6244 2222

Accessibility

If you have difficulty reading a standard printed document and would like an alternative format, please phone 13 22 81.



If English is not your first language and you need the Translating and Interpreting Service (TIS), please call 13 14 50.

For further accessibility information, visit: www.health.act.gov.au/accessibility

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